



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09143, Guava sauce, cooked**

**Report Date: June 30, 2017 11:27 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 238g
<b>Proximates</b>					
Water	g	89.56	1	--	213.15
Energy	kcal	36	--	--	86
Energy	kJ	151	--	--	359
Protein	g	0.32	1	--	0.76
Total lipid (fat)	g	0.14	1	--	0.33
Ash	g	0.50	1	--	1.19
Carbohydrate, by difference	g	9.48	--	--	22.56
Fiber, total dietary	g	3.6	--	--	8.6
Sugars, total	g	5.88	--	--	13.99
<b>Minerals</b>					
Calcium, Ca	mg	7	1	--	17
Iron, Fe	mg	0.18	1	--	0.43
Magnesium, Mg	mg	7	1	--	17
Phosphorus, P	mg	11	1	--	26
Potassium, K	mg	225	1	--	536
Sodium, Na	mg	4	1	--	10
Zinc, Zn	mg	0.17	--	--	0.40
Copper, Cu	mg	0.077	--	--	0.183
Manganese, Mn	mg	0.108	--	--	0.257
Selenium, Se	µg	0.5	--	--	1.2
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	146.4	1	--	348.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 238g
Thiamin	mg	0.026	1	--	0.062
Riboflavin	mg	0.013	1	--	0.031
Niacin	mg	0.420	1	--	1.000
Vitamin B-6	mg	0.090	--	--	0.214
Folate, total	µg	5	--	--	12
Folic acid	µg	0	--	--	0
Folate, food	µg	5	--	--	12
Folate, DFE	µg	5	--	--	12
Choline, total	mg	4.1	--	--	9.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	14	--	--	33
Retinol	µg	0	--	--	0
Carotene, beta	µg	170	--	--	405
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	283	1	--	674
Lycopene	µg	3909	--	--	9303
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.55	--	--	1.31
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.9	--	--	4.5
<b>Lipids</b>					
Fatty acids, total saturated	g	0.040	--	--	0.095
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.003	--	--	0.007
16:0	g	0.034	--	--	0.081

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 238g
18:0	g	0.004	--	--	0.010
Fatty acids, total monounsaturated	g	0.013	--	--	0.031
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.012	--	--	0.029
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.059	--	--	0.140
18:2 undifferentiated	g	0.042	--	--	0.100
18:3 undifferentiated	g	0.017	--	--	0.040
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.003	--	--	0.007
Threonine	g	0.012	--	--	0.029
Isoleucine	g	0.012	--	--	0.029
Leucine	g	0.021	--	--	0.050
Lysine	g	0.009	--	--	0.021
Methionine	g	0.002	--	--	0.005
Phenylalanine	g	0.001	--	--	0.002
Tyrosine	g	0.004	--	--	0.010
Valine	g	0.011	--	--	0.026
Arginine	g	0.008	--	--	0.019
Histidine	g	0.003	--	--	0.007
Alanine	g	0.016	--	--	0.038
Aspartic acid	g	0.020	--	--	0.048
Glutamic acid	g	0.042	--	--	0.100
Glycine	g	0.016	--	--	0.038
Proline	g	0.010	--	--	0.024

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 238g
Serine	g	0.009	--	--	0.021
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0